

F. What are carbohydrates?  
Carbohydrates are sugar (glucose, sucrose)

G. What can mitochondria "burn"?  
Mitochondria burn carbohydrates and fats.

H. Why does heart rate increase during exercise?  
The cells require more  $O_2$  in cellular respiration. The increased heart rate helps supply  $O_2$  to the cells.

I. Why does rate of breathing increase during exercise?  
See answer for "H". Also, removes  $CO_2$ .